



SHIRLEY SENIOR CENTER

9 Parker Rd, Shirley, Ma. 01464

978-425-1390

Fax 978-425-1392

Mon-Thurs. 8am-3pm



Volume: 1

JUNE 2023 NEWSLETTER

Issue: 6

Mission Statement of the Shirley Council on Aging - "To serve the Seniors of Shirley with services that enhance their lives and provide for their needs."

Center Staff

COA Interim Director:

Ann Towne

Outreach Coordinator: Elisabeth Dinning

MART Dispatcher: Michelle Oelfke

MART Van Drivers: Doug Perry, Priscilla Tarbell,
Bob Lindgren

Council on Aging Board

Chair: Marie Elwyn

Vice Chair: Mary Wade

Secretary: Vacant

Members: Christine Andersen,
Hans Onsager, Vicky Landry

Next Meeting—June 12th at 11:00 am

Note...Seeking one new COA member in June

Needed at Senior Center...

Back ups for Van Drivers, Meals on Wheels deliveries
and a volunteer to pick up bakery items Sunday
mornings at 9:00am at Hannaford in Townsend.

June

From the Director's Desk...

Hi folks,

Thanks to our 'team' at the Center, we are
addressing your requests.

Please note the following:

**Free bakery items donated by Hannaford of
Townsend available here every Monday.**

**Wednesday monthly lunch menu is on page
3. Please sign up to make sure we have
enough food.**

**See the results of the recent COA Survey on
page 6.**

**We thank the Town for improvements to our
Center. You will see a new handrail in our
walkway, replacement of wood trim and
worn paint around the building, garden box-
es and we now have a working gas stove in
our kitchen.**

**Special thank you to Cyndi Furman for proof
reading my Newsletters.**

Ann

Beech Tree at Farandnear

Peach-fuzzed leaves unfurl,

born of buds over-wintered

and sharpened by cold.

By Cyndi Furman 2023©

**Follow what's happening at the Shirley
Center for Active Living.**

<https://www.shirley-ma.gov/council-aging>

**Receive this Newsletter and important announcements from
Town Government via email. Follow the link below to sub-
scribe.**

<https://www.shirley-ma.gov/subscribe>

JUNE 2023

Outreach at the Shirley Senior Center

Elisabeth Dinning—Outreach Coordinator

Telephone: (978) 425-1390

Email: edinning@shirley-ma.gov



The Shirley Senior Center addresses the following Outreach topics and Social Services:
Health Insurance, Caregiver Support, Home Health Services, Financial Assistance, Housing Alternatives,
Meals on Wheels, Legal Aid, Fuel Assistance, SNAP (Food Stamps), and Transportation.
If your needs and interest are not listed, please let us know so we can take them into consideration.

Please call Elisabeth at the Council on Aging office: 978-425-1390



Summer health tips

Avoid ticks, sunburns, and
other health problems!

Dress in light colors so that you can spot ticks
easily.

Check for ticks frequently.

Wear long-sleeved shirts and long pants.

Wear a hat when outdoors.

Schedule outdoor activities while it is still
cool.

Drink plenty of water.



Mission Days

Sponsored by St. Mary's &
St. Anthony's
Youth Groups

CANCELLED this summer .

NEW ASSETS & INCOME LIMITS

MEDICARE SAVINGS PROGRAMS
MASS HEALTH

CONTACT: 1-800-841-2900, TTD/TTY: 711

Special Thanks to our Meals on Wheels
delivery folks:

Carolyn and Charles Waite
Nancy O'Brien
Nicki Holzman,
John O'Keefe
Rob Fleming
Mary Rice



Looking for fresh and healthy food or plants? Visit our local Farm Stands and Farmers
Markets.

Dick's in Lunenburg and Harpers in Lancaster accept ETB cards (SNAP).

The amount eligible for HIP will immediately be put back onto your ETB card, replacing the
SNAP you spent (up to your monthly HIP cap).

FOOD

Morning Café - everyday 8:30 - 10:00

Coffee, tea and assorted treats
Daily Newspapers
Donations welcome



Breakfast for Veterans (Free)

Monday, June 5, 2023 8:30 –9:30 am

Eggs, Sausage, Pancakes and more.

Cooked and served by our Shirley Police Department

Sponsored by the Shirley Charitable Foundation

Breakfast with Chip!

Monday, June 26, 2023 8:30 - 9:30 am

Choice of Scrambled eggs, Westerns or French Toast

Includes Ham, Home fries, Fresh Fruit, and Beverage

Cost \$3.00

Thank you ...
to our Food Prep and Serve Volunteers

Shirley Police Department
Chip Guercio
Charles & Carolyn Waite
Shirley Deyo
Janice Snow
Soria Gaudette
Marie Elwyn
Mary Rice



Café Wish list:

Coffee—regular

Candy—*Seniors love chocolate!*



PIZZA \$3.00

First Wednesday, June 7, 2023 11:30 am

FREE MOVIE at 11:00 am

**MOVIE OF THE MONTH IS
A DOG'S Way Home**

BIRTHDAY CELEBRATION

Cake and Ice Cream for Dessert

Provided by: Michelle Haggstrom

Last Wednesday of every month
after lunch-June 28, 2023

Note from the Kitchen Crew...

LUNCH every Wednesday from 11:30 am to 12:30 pm. See planned menu below:

June 6th - Pizza from Village Pizza, dessert & beverage

June 14th- Shepherds Pie, salad prepared by Kitchen Crew, dessert & beverage

June 21st- Lasagna with or without meat prepared by Cosmo Italiano, dessert & beverage

June 28th- Assorted sandwiches provided through Fab5 with Panera, dessert & beverage

PLEASE SIGN UP.....COST \$3.00

Note: We are working with MOC to provide a lunch on Mondays, Tuesdays and Thursdays. This will be a test run starting in the month of June.

Sign ups will be required. More to come as we progress.

HEALTH AND WELLNESS



Nashoba Nursing Service & Hospice
Nashoba Associated Boards of Health
Your COMMUNITY, Your CHOICE Since 1931

Monthly
Wellness Check
2nd Thursday of month
From 9:30 to 10:30am
June 8th
with Maureen Scott, LPN

These clinics allow for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. *All ages are welcome*

THE SHINE PROGRAM

SHINE (Serving the Health Insurance Needs of Everyone)

Marilyn Largey, Certified counselor, is available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss **all options** related to Medicare and additional coverage, and we do not sell any plans.

To make an appointment at the Center for the second Tuesday of the month, call our COA office or call the Regional Central Mass SHINE Office at 508-422-9931. Outside of Central Mass call 1-800-243-4636, press option 4.

A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail.

We also offer excellent resources online through our website at www.shinema.org, our Medicare 101 webinars, and our Facebook page: [SHINE Central MA](#).

Funded through the federal agency, Administration for Community Living and administered through the Massachusetts Executive Office of Elder Affairs.

Join Senator John Cronin's Constituent Services Team

June 26, 2023

8:30 am -10 am

Receive assistance with state related issues, share opinions on state policy or just say 'Hello!'

Beth Walsh,
Constituent Services Director
Office of John J. Cronin
State Senator, Worcester and Middlesex District

Conversations About Death and Grief.

June 14, 2023

**Every 2nd Wednesday
of the month at 11 am**

Offering Friendship, Understanding and Hope with suggestions and techniques to help manage your grief. Conversations About Death is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally.



Walk- ins welcome.

For questions about this program please contact *Lucia Camera, Bereavement and Spiritual Care Provider with Nashoba Nursing Services and Hospice.* 508 -951 -3850.

FOOT CARE Clinic with Christine Quirly \$40

June 26th & 27rd
By Appointment Only -978
-425-1390

Appointments fill fast



ACTIVITIES

FREE EXCEPT WHERE NOTED

MONDAYS -	BOWLING 12 - 3 pm
TUESDAYS -	BRIDGE, DOMINOES, SCRABBLE - 9:00 am WATERCOLOR PAINTING with Mike Devlin-1:00 pm
WEDNESDAYS -	YOGA with Jeff- 8.30 am <i>Note: Co-pay</i> QiGONG- 10:00 am CRIBBAGE- 11:00 am PIZZA AND MOVIE first Wednesday of month - 11:00 am <i>Note: Pizza: Cost \$3.00, Free Movie</i> DEATH & GRIEF second Wednesday of month - 11:00 am BINGO - 1:00 pm
THURSDAYS -	CRAFTS- 10:00 am to noon, Stitch & Chat WELLNESS CLINIC TEMPORARILY SUSPENDED BALANCE, STRENGTH & FLEX with Jeff - 1:00 pm
FRIDAYS -	RESERVED FOR SPECIAL EVENTS

Stitch & CHAT GROUP

Thursdays 10:00 am
Do you like to knit, Crotchet, or Plarning?
We welcome all types of stitching. Join us
for friendly chatter and stitching.
To participate RSVP by calling or emailing
edinning@shirley-ma.gov 978-425-1390

COA BOARD SEEKING NEW
COMMITTEE...
FOR

ACTIVITY AND TRIP PLANNING

Call the Center at 978-425-1390 & leave your name
& number.

Attention: CRAFTERS

We have supplies at the Center for those
who would like to make greeting cards or color.
Come check it out or bring your own project.
Thursday mornings work well anytime from 9am to
noon.

**WHERE ARE ALL THE EARLY MORNING
BRIDGE PLAYERS? WE NEED TWO MORE TO
HAVE A SECOND TABLE.**

Anyone up for Line Dancing?
How about a Book Club?
Are there any lady golfers looking to partner?
Let us know if interested...call the Center at 978-425-
1390.

Thank you to Kathryn Walsh for
taking the lead on our yummy
Vegetable Garden Box.

ATTENTION ALL WALKERS

Tuesday mornings
Meet at 9:00 am at chosen place/places will vary...you pick.
Sign up at Senior Center at 978-425-1390

SERVICES AND THINGS TO KNOW



Transportation

MART Van is a wheel chair-accessible van for residents age 60 plus or disabled.

\$1 EACH WAY

Medical Rides are prioritized

**Van Hours: Mon - Thurs 8:15 am - 4 pm
Fri 8:15 am - 11:30am**

To schedule your ride call Michelle

***Monday -Thursday
from 8:30 am - 1:30 pm.***

*Or leave a message and she will confirm
your ride.*

*24 -48 hour notice required for all rides.
978-425-1390*

VETERANS' ASSISTANCE **Mike Detillion, Shirley Veterans' Officer** **Call 978-425-2600 x280**

Mike is available to aid your efforts to enter into the VA Health Care or Pension System.

Benefits: All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter and burial assistance.

COA SURVEY RESULTS

Top three picks in each category:

Organized Activities – BBQ, Bingo, Movies

Creative Arts – Cooking, Painting, Coloring

Bus Trips – Beach, Museums, Botanical Gardens

Life Style Pursuits – Yoga, Tai Chi, Line Dancing tied with Chair Aerobics

Individual Pursuits – Walking, Puzzles, Books

Life enrichment programs – Computer, Resistance training exercise, Brain fitness

Multisensory Activities – Outings, Exercises, Social activities

So you think you know Shirley! This column will challenge you every month with a new mystery to solve. The name of the person or place will be named and the following month information regarding the subject will be given to you. All places will be within the boundaries of Shirley. Sharpen your brain cells and beat the author.

The Shoddy Mill

When I was a youngster, on special days when you went out to play, it seemed as if something different was about to happen. For the past few weeks, all the house keepers were gathering what you and I would now call recyclables. The old Yankees wasted nothing. They would have piles of newspapers tied neatly with string, old pottery and tin ware and a bag of old worn-out clothing. They were waiting for the 'junk-man'. He would drive down the street in his horse-drawn wagon, often calling out "Rags". The children were always excited as this could mean Mom would have a little extra money and maybe "she'll buy some ice cream."

I'm not sure what happened to all of those items but I do know the old worn-out wool clothing went to the Shoddy Mill. At one time, Shirley had two of them that employed many people. One still stands today. It is on the bank of the Catacunemaug Brook behind the former Suspender Factory. You can see it from the bridge on Leominster Rd. opposite the old police station. During the old button collecting craze, the area around the building was a good hunting ground for a real treasure.

The Shoddy Mill was owned by the Gould Mfg. Co. In the 1920's and 1930's a horse drawn express wagon collected old woolen clothing from the Shirley residents. The wool was reprocessed into fibers that were used to make new material for clothing and household use. At that time tags were attached to clothing stating 'virgin wool' or reprocessed wool. Virgin wool items were more expensive. The reprocessed wool clothing was a good buy for fast growing children. I still remember the day my Mother bought me a new coat with a tag that said 'Virgin Wool'.

"G"

SHIRLEY SENIOR CENTER JUNE 2023 CALENDAR

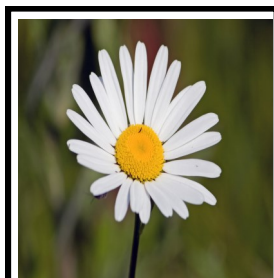
MON.

TUES.

WED.

THUR.

FRI.



1
10:00 am Crafts
& Stich & Chat
1:00 pm Bal-
ance
Strength & Flex



5

12:00 pm
Bowling

6
9:00 am Walk
9:00 am Games
1:00 pm Water
Color Painting
with Mike Devlin

7
8:30 am YOGA
10:00 am Qigong
11:00 Movie
11:00 am Cribbage
11:30 Lunch Pizza
1:00 pm Bingo

8
9:30 Wellness
Clinic
10:00 am Crafts
& Stich & Chat
1:00 pm Balance,
Strength & Flex



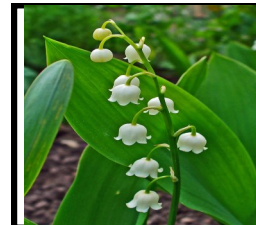
12
11:00 COA
Board Meeting
12:00 pm
Bowling

13
9:00 am Walk
9:00 am Games
1:00 pm Water
Color Painting
with Mike Devlin

14
8:30 am YOGA
10:00 am Qigong
11:00 Death and Grief
11:00 am Cribbage
11:30 Lunch
1:00 pm Bingo

15

10:00 Crafts and
Stitch & Chat
1:00 pm Balance,
Strength & Flex



19

Closed for
Juneteenth
Holiday

20
9:00 am Walk
9:00 am Games
10:00 am Footcare
1:00 pm Water
Color Painting
with Mike Devlin

21

8:30 am YOGA
10:00 am Qigong
11:00 am Cribbage
11:30 am Lunch
1:00 pm Bingo

22

10:00 am Crafts
& Stich & Chat
1:00 pm Balance
Strength & Flex



26
8:30 am Breakfast
w/Chip
8:30 am Beth
Walsh
10:00 am Footcare
12:00 pm Bowling

27
9:00 Walk and
Games
10:00 am Footcare
1:00 pm Water
Color Painting
with Mike Devlin

28
8:30 am YOGA
10:00 am Qigong
11:00 am Cribbage
11:30 Lunch with-
Birthday Cake
1:00 pm Bingo

29

10:00 am Crafts
& Stich & Chat
1:00 pm Balance
Strength & Flex



HAPPY JUNE TO ALL
June 14th -Flag Day, June 18th - Father's Day